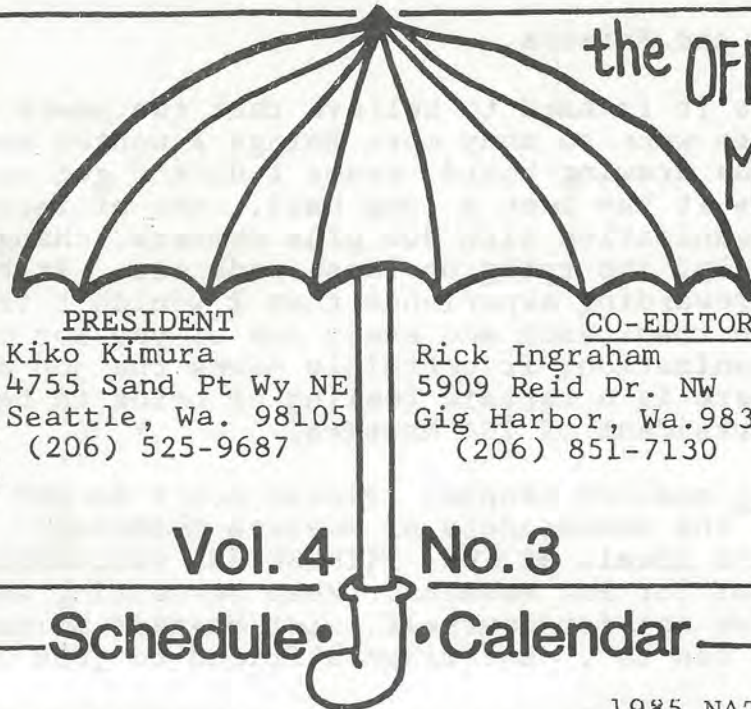




the OFFICIAL PNA MASTERS NEWSLETTER



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Vol. 4 No. 3

MARCH 10, 1985

Schedule • Calendar

Mar. 29-31 So. Kitsap (PNA CHAMPS)
Apr. 26-28 REG XII SC CHAMPS
May 4 Masters Swim Clinic, FOSS
July 20-21 REG XII LC CHAMPS

1985 NATIONALS
May 9-12 SC Brown Deer, Wis.
Aug. 7-14 Masters Games, Toronto
Entire games, Aug. 7-25
Aug. 17-20 LC Providence, R.I.

SEE PAGE 14 FOR IEA/ORE SCHEDULE

BOARD MEETING ON MARCH 26, 1985, 7:30pm AT DEBBIE LEWIS' HOME

EDITOR'S CORNER...

PNA HAS A RECORDED MESSAGE PHONE
NUMBER UNDER S.W. DEARBORN:
206-328-4424

TORONTO CHAMPIONSHIP WORKOUTS: The next date is March 16 at 11:00am. Tom Dunning of B.A.C. will be coaching. Bring \$1.00 to pay the coach!

If you are going to Toronto in August please give your NAME and PHONE NO. to Karen Unruh, P.O. Box 356, Sumner, Wa. 98390. Incorrect address given in the February newsletter. Phone number is 845-5569. For travel arrangements to Toronto, contact Katy Hunter, 827-5656 or Nancy McKenzie 694-8318

PAY YOUR TEAM REGISTRATION FEE NOW, SO YOUR TEAM WILL BE ELIGIBLE FOR TROPHIES AT THE PNA CHAMPIONSHIPS!!! THE FORM IS INSIDE NEWSLETTER.

PNA CHAMPS SO. KITSAP ENTRY FORM DEADLINE IS MARCH 15, 1985. ALL ENTRIES MUST BE POSTMARKED MARCH 15, OR HAND DELIVERED TO RICK INGRAHAM BY MARCH 15!!!

Congratulations to Tom Foley, PNA candidate for the Ransom J. Arthur Award. Congratulations to the new PNA Officers, President Hugh Moore, Vice President Rick Ingraham, Secretary Ann Gindroz and Treasurer Julie Corman.

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Dear PNA Masters and Friends,

In many ways it is hard to believe that two years has gone by so quickly! There were so many more things I wanted to accomplish, ideas still on the drawing board, teams I didn't get to swim with... but in other ways it has been a long haul...the ultimate responsibility of running an organization with 500 plus members, changing meet sites, recruiting new help, and tying up loose ends etc. It has been for me a very growing, rewarding experience that I wouldn't trade for anything! I want to thank each and every one of you for making the PNA such a super organization; it certainly makes the job of president much easier. There is a certain feeling of pride in being able to say that I was president of PNA Masters!

Your are all quality people! Please don't forget how important you are! You're the ambassadors of Masters Swimming. You represent our sport and it's ideals of FUN, FITNESS AND FELLOWSHIP. You are the best advertisement for PNA Masters. Keep re-setting and striving for those goals you've set for yourself. Let Masters Swimming help you to be "all that you can be". Encourage a friend to join us too.

There are many people who have been a tremendous help to me these past two years. A sincere thank you to you all who have faithfully attended the board meetings and really have assisted in making the PNA run as smoothly and efficiently as it has. Thank you too to the committee chairpeople who really made my job as president easier, and special thanks to my fellow officers who served so faithfully - Leif Johnson, Debra Lewis, Julie Corman and Chaya Amiad - thanks for your support! I trust that you all will continue to support Hugh Moore and his administration.

Lastly, I would like to publicly thank my friend and coach, Joann Brislin, Husky Masters, for all of her support and encouragement the past two years. She has been there with me through all of the ups and downs, allowed me to cry and vent frustrations, rejoiced with me in successes, offered expert opinion and advice and always had a smile for me. Thanks Joann, for being you!

I want to wish all of you God's BEST BLESSINGS as you continue to have FUN, KEEP FIT AND MAKE FRIENDS!

love,

Kiko

President, PNA Masters
1983-85

PNA Board Meeting
February 26, 1985

The meeting in Tacoma was called to order at 7:30 p.m. by President Kiko Kimura. Those in attendance were: Leif Johnson, Carolyn Baldwin, Rick Ingraham, Maxine Carlson, Hugh and Jane Moore, Julie Corman, Kiko Kimura, Susan Allen, Marietta James, Muriel Flynn, Cynthia Rosik, Karen Unruh, Donna Phelan, Debbie Lewis, Susan Dearborn, Gordon Gray, Anne Gindroz, Kathy Crandell, Walt Reid.

The minutes of the January meeting were read and approved.

Treasurer's Report: \$6,806 has been spent since September. \$8,639 has been received. There is currently \$6079 in the bank.

Meets: The Kent Meet was a good, well run meet. Everything looks good for the PNA championship meet. Ribbons will cost 20¢ a piece and \$240 for the PNA champs meet. A motion was made and passed for the PNA to purchase ribbons for 1-6 places to be given out without charge to swimmers at the PNA champs meet. Medals will be available for purchase.

May Meet and Clinic: The meet cannot be held May 5 because the pool is unavailable. The clinic will be held at Foss Pool from 8:00 a.m. to 5:00 p.m. The Board voted to hold the clinic and forego the meet.

Toronto: 31 people are signed up to go to the meet. The date and time of the next practice will be on the telephone answering machine.

Long Course Regionals: Will be held at the Southend Pool in Tacoma.

Awards: A suggestion was made to standardize the PNA awards by using a perpetual trophy. A motion was made and passed to start an awards system that is uniform for the PNA championship meet. The awards will be reviewed prior to next year's meet.

Top 10 and Records: A motion was made and passed to not distribute certificates recognizing Top 10 placement at the PNA banquet. The motion carried 11 - 9.

Ransom J. Arthur Award: There were 3 nominees: Tom Foley, Kiko Kimura and Kathy Crandell. A secret ballot was held and Tom Foley's name will be submitted as the PNA's nominee for the award.

Miscellaneous: The results of the recent Board elections are:

President	Hugh Moore
Vice Pres.	Rick Ingraham
Treasurer	Julie Corman
Secretary	Anne Gindroz

CONGRATULATIONS

The next PNA board meeting will be held at Debbie Lewis' home March 26 at 7:30.

The meeting was adjourned at 9:30 p.m.

Debbie Lewis

FITNESS SWIMMING
"How to Start (and Continue) Training"

by Amy Rust

Do you have a friend or a relative that is not involved in a fitness routine? Do you find it difficult to continue your swim program? Do you believe that the need for exercise diminishes and then disappears as you grow older? That light, sporadic exercise is all you need? We all need to exercise, no matter what our age. It makes us better able to live our lives, helps us keep ourselves adaptable to the environment, keeps us moving, flexible, vital and gives a strong feeling of well-being. If exercise is so good, why don't we all do it? We need to make a commitment. To make a commitment you will have to believe in your ability to participate, and believe in the importance of physical activity for an active future. This article will focus on items to consider when starting your fitness program. While reading it, keep in mind a friend that this article can be given to so that we may share our benefits of fitness with others. Some questions might be asked: Where do I start? What do I want to accomplish? How much time do I spend swimming? What can help me keep going?

"You're much more likely to get where you want to go if you know where you are as well as where you want to end up"(Marianne Brems). To begin a fitness routine you need to assess your level of conditioning (i.e. age, heart rate, past exercise, etc.). A physical exam by your physician is recommended. There are several things to consider when finding a swimming location that fits your needs. 1) The schedule. 2) The location should be convenient. 3) The facility should be safe, clean, and the personnel should be helpful. 4) The cost should be within your budget.

The next question is what do I want to accomplish and how much time should I spend swimming. You need to determine what level of conditioning you want to attain and when do you want to reach it. You also need to determine how much time you can dedicate to your swimming and still be able to fulfill other responsibilities in your life. Your swimming program must be able to coincide with your daily schedule so that you will stick to it for a lifetime. The greatest fitness benefit will come from a training program that is consistent. This should be a workout of 30 to 90 minutes 3 to 6 days a week.

To keep a consistent program, we often need a motivator or a goal. Some examples are: 1) Good health and weight loss. 2) American Red Cross Swim and Stay Fit Program of recording distances. 3) Competition in Masters Meets will help you keep a measurement of swimming times so that you can see your improvement. 4) Competition in other swimming events such as: open water swims, triathalons, etc. 5) Social - Team Motivators such as: Team breakfasts, team parties, working-out with others, etc.

In conclusion, I will leave you with some thoughts to remember: 1) Anyone can be involved in fitness and/or competitive swimming. Many pools offer adult or private swim lessons to improve your swimming technique. 2) Swim regularly. 3) Keep your heart rate at a working level for at least 20 minutes. 4) Identify goals for yourself. 5) A combination of exercise and pleasant thoughts help banish anxiety.

Resources

- Brems, Marianne: The Fit Swimmer, 1984
- Councilman, James: Competitive Swimming Manual, 1977
- Fixx, James: Runners Day By Day Log and Calendar, 1979
- Maglischo, Ernest: Swimming Faster, 1982
- Neal, Patsy: So Run Your Race, 1974
- Warren, William: Coaching and Motivation, 1983

MORE NATIONAL TOP TEN - LONG COURSE

The following people were left out of the last Wet Set printing of the National Top Ten, Long Course.

Judy Weston	26		
200M Breaststroke	#10	3:20.78	
Hugh Moore	29		
200M Butterfly	#8	2:26.69	
Greg Harrison	32		
100M Breaststroke	#3	1:14.05	
200M Breaststroke	#1	2:37.93	
Dave Fields	31		
200M Backstroke	#10	2:35.50	
Alan Bell	34		
100M Butterfly	#6	1:03.28	
200M Butterfly	#8	2:29.36	
Ron Koch	35		
50M Butterfly	#5	28.47	
100M Butterfly	#6	1:06.36	

TO: 1985 PNA TEAM REPS

RE: PNA SWIMMER OF THE YEAR

Each year the PNA likes to recognize special people in our association. Each REGISTERED TEAM is asked to choose one swimmer from their team who will receive a PNA Outstanding Swimmer of the Year Award. Each team sets its own criteria for this award. It should not necessarily go to the fastest swimmer or record holder. Other possible criteria could include inspiration, enthusiasm, attendance, most improved etc.

Please send in the name of your swimmer with your team registration if possible.

Please send the name of your selected swimmer to Kiko by March 15.

Kiko Kimura
4755 Sand Pt. Way N.E.
Seattle, Wa. 98105

COACHES CORNER

This article will look at different types of training methods with an emphasis on intervals or send offs.

There are many ways to train in swimming, each with its own advantages and disadvantages. Among those with more disadvantages than advantages would be: 1) resting rate, and 2) pulse rate.

A resting rate method sets a specific amount of rest during each set in a series. (For example: 5 X 100's with 15 seconds rest.) There is a loss of continuity to the speed of each set. Each swimmer will swim as fast or slow as they feel, thus decreasing the workload, unless they are crazy and like to swim the whole workout hard (how many swimmers do you know like that?). Also, there is no way to judge improvement or improvement in time, unless each 100 is timed.

Pulse rate can get around some of the problems of a resting rate series. Pulse rate gives the swimmer a judge or referral to swim by. (For example: A set of 5 X 100's at a heart rate of 160 per minute with 15 seconds rest.) If the swimmer goes over or under the heart rate they have set, then they have swum either too fast or too slow for that specific set. Problems with this method are many: The most important being, everyone has a different heart rate. Even under exact circumstances an individual's heart rate or pulse changes. Because of this inconsistency it is hard to judge how a swimmer has swum in a particular series or workout.

Send offs can compensate for most of the problems. A send off is an integral of time in which each swim in a set must be done. (For example: 5 X 100's on 1:15) The swimmer in this case must start his first 100 and complete it within 1:15. The faster he swims, the more rest he receives. (Example: If it takes 1:10 for the swimmer to complete 100 yards, he receives 5 seconds rest before he starts the next 100.) In this way a swimmer or coach can construct a workout with different intervals for each set, thus making some sets harder and some sets easier.

Also the swimmer is able to judge conditioning by repeating exact sets on different days. If a swimmer has a hard time making a send off at the start of the year, but two months later finds the set to be too easy, then something is working right. Be sure to check heart rate periodically as a precaution to injury.

One problem with a send off is that the swimmer or coach has to have a good idea of the conditioning and speed of himself or the swimmers. It may take a few weeks, but the value of the training is worth it.

When I was swimming in high school our coach would have "goal sets." I'll never forget the 10 X 200's breaststroke on 2:40. If we made the whole set on 2:40 we would get an ice cream cone. I had chocolate.

Mike Stipek
1/85

Older athlete's in the swim of things

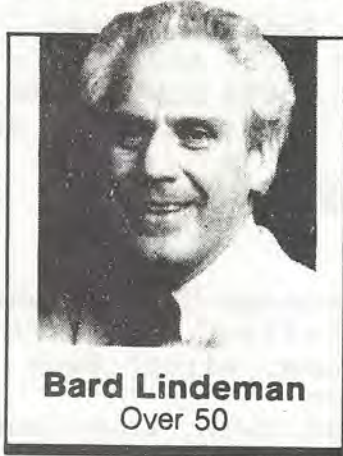
Manny Sanguilly of Tarrytown, N.Y., has a bold dream for 1985. The dream, however, has nothing to do with the practice of medicine.

No, this uncommon family practitioner doesn't fantasize about healing with his powerful hands, nor does he long to uncover a disease cure. Instead, the 51-year-old Sanguilly, a former Olympian, sees himself as a champion swimmer, standing proudly on the winner's platform with a gold medal about his strong neck.

"When," I asked, "will all this happen?"

"In August, at the first World Masters Games," he answered without hesitation, and then explained there will be 10,000 athletes at these Olympics for 50-plus athletes in Toronto, Canada.

Between now and August, Sanguilly will swim 5,000 yards every



Bard Lindeman
Over 50

day, divided between two training sessions lasting about two hours apiece. This muscular (6 feet, 190 pounds), dedicated physician is about to relegate his patients, his wife and three grown children (ages 23, 21, 19) to second place,

behind his unquestioned commitment to fitness.

Why does he do it? His answers sound like quotations from the locker room of the late Vince Lombardi, who taught his Green Bay Packers that "fatigue makes cowards of us all.

"The difference between a competitor and a champion is discipline," said Sanguilly. He added that his three kids all enjoy sports but "they don't like to do what I do." By that, he meant they don't like to train hard, pushing their bodies every day, day after day.

The inner drive is what sets Sanguilly apart. He swam in the 1952 and 1956 Olympics for his native Cuba, and he swam at Ohio State University. After graduation, he climbed out of the pool for what he thought was the last time. Seven years ago, he hurt his right shoulder playing tennis, and a doctor examining him said:

"Swimming might be good for you. Do you know how to swim?"

Since his return to the sport, Sanguilly has added 2 inches to his barrel-like chest and now his life has a cause, a new passion:

"I'm out to prove that there is life after 50 for sports. I think it's an outrageous idea that as you get older you can't do sports."

The doctor is not alone in his crusade. Indeed, when they fired the starter's gun for the New York Marathon in October, 1,302 runners were 50 or older, 217 had passed their 60th birthday and 19 were 70-plussers.

Hovering nearby was Alex Ward, writer-editor for *The New York Times*, who declared:

"Physiologists now believe that

regular exercise can dramatically slow the progress of many conditions of aging." Another factor to the growing movement of the older athlete, said Ward, is that "they feel better, both physically and mentally."

It is hard to believe that Sanguilly could feel any better. With mucho gusto, he espouses swimming "as the only sport where you can't injure yourself. And it's good for the cardiovascular and pulmonary systems."

How is Sanguilly doing in his swimming comeback? His times speak for themselves. In 1958, when he was 25, he swam the 100-meter breast stroke in 104.8. Last summer, in Masters competition at Los Angeles, he covered the same distance in 105:2, and won the event. He expects to do even better in the Masters Olympics this year.

For his dedication, his excellence ("I've got my old stroke back") and for his record-setting times, *50 PLUS* magazine in New York named Sanguilly to its current All-American team. A total of 19 athletes, from 50 to 81 years old, were selected by the magazine. They excel in swimming, rowing, cycling, tennis, squash, golf, yachting and the triathlon.

When asked for a New Year's resolution, Sanguilly stated: "I want to leave the ranks of the anonymous."

WE MISS YOU DAWN!

Dawn Musselman just returned home from surgery and is reportedly doing well. Cards and calls would be appreciated. Dawn's address is 1712 Valley Ave. N.E. #32 Puyallup, Wa. 98371 (206) 848-1410

HURRY BACK DAWN!

reprint from
Tacoma News Tribune

*** NEW POOL-BELLEVUE AREA ***

The P.R.O. Racquet and Health Club (formerly Super Sonics Racquet and Health Club), located at 4455 148th Ave. NE, Bellevue, WA, announces our latest addition. A NEW INDOOR POOL! The construction is fifty percent complete, and the projected time for completion is March 31st. Some of the programs offered are: masters swimming, triathlon conditioning, synchronized swimming for adults and youth, all levels of swim lessons, lot of lap swimming times for adults, and much more. Come in and see the place, and ask for Deborah L. White, Aquatics Director. Phone 885-5566.

EXCITING --- INFORMATION FILLED --- FELLOWSHIP

PNA SWIM CLINIC

MAY 4th, 1985

FOSS HIGH SCHOOL - TACOMA, WA.

This clinic will give us all a special opportunity to learn from and use the inspiration of coach Dick Hannula. Dick's credits and contributions to swimming are numerous. He has consistently coached and produced championship swimmers at the local, national and international levels and it all happens because he firmly believes that everyone who tries is already a winner. We as master swimmers embrace this concept wholeheartedly because, no matter what level we are competing at, there is always excitement as we watch ourselves improve and progress. This is a unique opportunity to gain new insight and information so come join us and see how to better yourself in the world of swimming.



DICK HANNULA

32 YEARS HIGH SCHOOL COACHING (RETIRED H.S. COACH)
26 WASHINGTON STATE H.S. CHAMPIONSHIP TITLES - 324 CONSECUTIVE UNDEFEATED H.S. MEETS - TACOMA SWIM CLUB COACH
U.S. INTERNATIONAL TEAM COACH - PAN AM TEAM COACH 1975, HEAD MANAGER 1979 - OLYMPIC TEAM MANAGER 1984 - PAN PACIFIC TEAM COACH 1985 - U.S. SWIMMING TECHNICAL PLANNING COMMITTEE

TO BE FEATURED:

- * Inspiration from world class coach Dick Hannula
- * Stroke Technique films
- * Water time with coach Hannula and his staff to practice drills and techniques
- * Fitness testing by Dr. Jane Moore
- * Demonstration of starts, turns & techniques by Olympic champion Robin Leamy, National record holder 50 Yd. freestyle, world's fastest recorded 50 meter freestyle, 1984 Olympic Team
- * Free packet of information from coach Hannula and a T-shirt
- * Catered lunch

ADDITIONAL INFORMATION:

The fitness testing portion of the clinic will give you a chance to see just where you stand in over all fitness. If there is enough interest we could offer future opportunities to periodically test your progress. Information included in the test will show you your percentage of body fat, overall flexibility, muscular endurance, muscular strength and resting pulse rate.

Registration must be limited to the first 75 so sign up early.

Because we are offering a catered lunch to provide more opportunity for information exchange and fellowship, the fee was raised to \$20 to cover the additional cost.

There will be a representative of Finals swim wear with merchandise available.

Due to a conflict in scheduling we were forced to cancel our 25 meter meet at U.P.S. scheduled for May 5th.

Send your registration to Donna Phelan, Registration Chairperson, P.O. Box 356, Sumner, Wa. 98390. Cost is \$20.00 for the day.

SWIM CLINC REGISTRATION

SATURDAY MAY 5, 1985

8:00 to 5:00

NAME: _____

COST: \$20.00
Lunch included

ADDRESS: _____

PHONE: _____

Everyone will have water time but for dry land information please choose two of these categories:

Crawl/Fly Lecture Breast/Back Lecture Fitness Test

Directions to Foss High School will be provided in your registration confirmation. Hope to see you there!

**1985****NATIONAL MASTERS LONG DISTANCE SWIMMING CHAMPIONSHIPS**

<u>EVENT</u>	<u>DATE</u>	<u>SITE</u>	<u>CONTACT PERSON</u>
One-Hour Postal Championships	January, 1985	Postal	D. C. Masters c/o Art Smith 337 Chesapeake Drive Great Falls, Virginia 22066
10K Postal Championships	April 15 - Sept. 15, 1985	Postal	Arizona Masters c/o John Graves 2113 East Alameda Tempe, Arizona 85284
One Mile (Cable Course in 1985)	July 13, 1985	Southern New Jersey (near Philadelphia, PA)	Mid-Atlantic Masters c/o Patrick Mills, Meet Mgr. 4 Hilltop Avenue Bordontown, NJ 08505
1/4 Mile Straightaway (Cable) 2 Miles	July 13, 1985	Chris Greene Lake Charlottesville, VA	Virginia Masters c/o Mike Stott, Meet Mgr. 3717 Titan Drive Richmond, Virginia 23225
Open Water (1-1/2 - 3 Mile Category) 2 Miles	June 2, 1985	Lake Berryessa	Davis Aquatic Masters P.O. Box 921 Davis, CA 95617
Open Water (3-1/2 - 5 Mile Category) 3.5 Miles	July 14, 1985	Pacific Ocean Seal Beach, CA	Seal Beach Swim Club c/o Perry Watson, Meet Mgr. 1635 Catalina Seal Beach, CA 90704
Marathon-Type Open Water (6 + Miles) 10 Miles	July 14, 1985	Pacific Ocean Seal Beach, CA	Seal Beach Swim Club c/o Perry Watson, Meet Mgr. 1635 Catalina Seal Beach, CA 90704
Team Distance (6,000 yds.)	September 28, 1985	Univ. of Alabama	Don Gambril Box K Univ. of Alabama University, AL 35483

17. Contact Local Masters Swim Committees for information on additional long distance swimming events.